

Lakeview Leadership Academy



Physical Education Syllabus

Welcome, Spartans!

Welcome to Physical Education at Lakeview Leadership Academy. Our program promotes lifelong fitness, teamwork, and character development through a variety of activities.

Course Goals

- **Develop efficient body mechanics:** Learn proper movement techniques to prevent injury and promote long-term health and physical well-being.
 - **Build skills, knowledge, and motivation:** Gain competence in multiple physical activities, understand the benefits of fitness, and develop the desire to stay active throughout life.
 - **Learn social-emotional skills:** Practice self-control, build social competence, improve problem-solving abilities, develop perseverance, explore career options related to health and fitness, and learn how to set and pursue realistic goals.
 - **Practice safety habits:** Understand safe use of equipment, recognize safe playing environments, and follow procedures to minimize risk of injury.
 - **Engage in a variety of activities:** Participate in diverse sports, fitness activities, and games that meet different interests and skill levels, promoting inclusivity and enjoyment.
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Expectations & Rules

1. Be Prompt

- Attend every class on time and be ready to start.

- Arrive in the locker room or designated PE area before the tardy bell (past the PE gate).
- Wait respectfully by sitting on the curb until the teacher directs you.
- Use the 7 minutes allotted at the start and end of class efficiently to change clothes.

2. Be Responsible

- Wear the full PE uniform daily with proper athletic shoes and socks suitable for physical activity.
- Changing clothes is mandatory to maintain hygiene and safety during physical activity.
- Bring water (in non-glass containers) to stay hydrated. Hats and sunglasses may be used outdoors.
- Food, gum, and beverages (other than water) are not allowed during PE to maintain cleanliness and safety.

3. Be Respectful

- Treat all classmates, **ALL TEACHERS**, and staff with courtesy and respect.
- Listen carefully and follow instructions from teachers or presenters without disruption.
- Exhibit good sportsmanship during all activities, physically and verbally (no cussing)— win or lose with grace and encouragement for others.

4. Have Spartan Pride

- Always strive to do your personal best in effort, attitude, and performance.
- Take responsibility for your actions and maintain a positive mindset.
- Show pride in yourself, your team, and Lakeview Leadership Academy through your behavior and effort.

Dress Code

- **Shirt:** Wear the official Lakeview Spartans gray PE shirt or a plain t-shirt (no graphic tees). Shirts should have the student's last name and first initial clearly written on them.
- **Shorts:** Wear official Lakeview Spartans royal blue shorts or plain athletic/gym shorts, also labeled with the student's name.
- **Cold Weather Gear:** Plain sweatshirts/hoodies and sweatpants may be worn
- **Shoes:** Athletic shoes with proper support and socks are required. NO Crocs, NO slides, NO open-toed, or platform shoes allowed for safety reasons.
- No undergarments may be visible and items such as tank tops, A-shirts, crop tops, or tankinis may NOT be worn as a PE uniform.
- Cut-offs, altered uniforms, or clothing that deviates from the dress code are not permitted.

Uniform Purchase:

- Order online at <https://lakeview.myschoolcentral.com>.
 - Bring your printed receipt to Mrs. Burgess in the Discipline Office to receive your uniform.
 - Prices: Shirt \$15, Shorts \$15, Sweatshirt \$25, Sweatpants \$20.
 - Loaner uniforms/footwear are available on a case-by-case basis but should not be relied upon regularly.
 - Students/guardians are responsible for replacing lost or damaged uniforms.
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Electronics & Food Policy

- Personal electronic devices such as cell phones, iPods, headphones, and similar are not permitted during PE class unless approved by teacher and can be confiscated if seen.
 - Food, gum, soda, or any glass containers are strictly prohibited in all PE areas, including locker rooms, gym, fields, and courts to ensure safety and cleanliness.
 - Water bottles are encouraged and allowed to maintain hydration during physical activity.
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Medical Excuses

- Medical notes must be submitted promptly to Nurse LaJoi in the front office for processing.
 - Notes from parents or doctors excuse students from physical activity but students must still dress out unless physically unable (e.g., cast, brace).
 - Parent notes are limited to two per semester, each covering a maximum of two consecutive days.
 - For longer or repeated absences, a detailed doctor's note explaining activity limitations is required.
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Attendance & Make-Up Policy

- To ensure students receive full credit, any absences must be made up through appropriate activities. In particular, cardio or running-based workouts must be physically completed either before or after the absence to count toward participation credit.
- Students are responsible for contacting their PE teacher to obtain and complete make-up assignments.
- Students must be inside the PE gate before the tardy bell; failure to do so results in tardies.
- After three tardies, a phone call will be made home to parents/guardians.

Locks & Lockers

- **Each student will be assigned a locker and a school-issued lock upon showing proof of PE uniform compliance. (have a uniform to get locker)**
- Lost or damaged locks must be replaced by the student at a cost of \$10.
- Lockers are designated only for PE-related items. Personal locks are not permitted and may be removed by staff.
- Large lockers are available for storing backpacks and other personal items during PE periods only.
- The PE Department is not responsible for lost, stolen, or damaged personal belongings.

Grading Policy

Category	Weight	Details
Daily Participation	60%	10 points per day: Varied by teacher.
Cardio & Running	30%	Includes weekly cardio workouts and timed mile runs
Assessments (skills/tests)	10%	California Physical Fitness Test, skill demonstrations, written quizzes and assignments

- Students are evaluated on effort, attitude, participation, and skill development.
- Regular fitness assessments and written work complement physical activity grades.

Contact Us

If you have any questions or concerns throughout the year, please contact your student's teacher at the following emails:

Roosevelt Cook	rcook@vvuhsd.org
Travis Trouberman	ttrouberman@vvuhsd.org
Veronica Stirl	vstirl@vvuhsd.org
Joy Olegario-Lealofi	jolegariolealofi@vvuhsd.org

Thank you,
Lakeview Physical Education Department

Physical Fitness Testing

During the months of February – May, Our students in grades 7 - 10 will participate in the Physical Fitness Test. The required annual Physical Fitness Test for students in grades five, seven, eight, and nine in California public schools is the FITNESSGRAM. This health-related fitness test, developed by the Cooper Institute, is intended to help students acquire lifelong habits of regular physical activity.

The FITNESSGRAM includes tests for key areas of fitness, including aerobic capacity, body composition, abdominal strength and endurance, trunk extensor strength and flexibility, upper body strength and endurance, and flexibility. There are two or three test options for most of the fitness areas of the FITNESSGRAM so that all students, including those with special needs, have the maximum opportunity to participate in the Physical Fitness Test. For those fitness areas that have options, only one option is administered to a student.

Two levels have been established to evaluate and report performance for each fitness area of the FITNESSGRAM – (1) in the Healthy Fitness Zone and (2) needs improvement (i.e., not in the Healthy Fitness Zone). The desired performance standard for each test option is the Healthy Fitness Zone, which represents a level of fitness that offers some protection against the diseases resulting from physical inactivity.

Our students will receive their results upon completion of the Physical Fitness Test. These results will help students understand their individual levels of fitness. They are encouraged to talk about these results with their parents or guardians and their physical education teacher. Parents and guardians can use these results to help their students plan appropriate fitness activities. In an attempt to help our students improve their Physical Fitness Test Scores at Lakeview Leadership Academy, we assess all of our students once in the Fall Semester and once in the Spring Semester. During the Spring Semester required scores are sent to the State of California.

If you have any questions about your student's participation in the Physical Fitness Test, the FITNESSGRAM, or the test results, please contact the Physical Education Department at Lakeview Leadership Academy at (760)955-3400. Information about the Physical Fitness Test is also available on the Internet at <http://www.cde.ca.gov/ta/tg/pf/>.

Please Complete and Return To Your Physical Education Instructor

Student's Name (print): _____

Parent/Guardian's Names (print): _____

Mailing Address: _____

Home Telephone: _____ Email: _____

Work Telephone: _____ Cell Phone: _____

I have read and reviewed the policies in the Physical Education Handbook with my son/daughter.

Parent/Guardian Signature

Date

I have read and understand the policies contained in the Physical Education Handbook. I will try to do my best in physical education class during the 2024-2025 school year.

Student Signature

Date

Notification of Medical Conditions

Please use this form to notify the Physical Education Department of any chronic medical problems your son/daughter may have at this time. These should include all conditions requiring medication or limited activity. Any other condition will need to have a doctor's verification.

Conditions (Please write "NONE" if there are no known conditions):

Restrictions (Please write "NONE" if there are no known conditions):

